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ABSTRACT

This book presents activities to help elementary school teachers show their students that physical activity can be meaningful and fun. Focused on skill development and fitness rather than competition, these activities take a progressive, developmentally centered approach that will help teachers meet a range of individual needs so that every student can succeed. Activities can be mixed and matched to create a multitude of new lessons. An activity finder helps the user select specific activities to meet students' needs while helping ensure that students are meeting the NASPE standards for skill and fitness development. Six chapters include: (1) "Design for Success" (physical education is essential for all learners, outcomes for success, building the program, instructional considerations, and guidelines for safe participation); (2) "Introductory Activities: The First Phase of Activity"; (3) "Developmental Fitness Activities: A Focus on Fitness"; (4) "The Activity Core: A Developmental Focus on Learning" (skill development and motivators, planning toward success, and core activities); (5) "It's Time to Close: Motivators to Bring Them Back" (fun and challenging ending activities); and (6) "Celebrating Student Success" (cumulative activities). (SM)

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